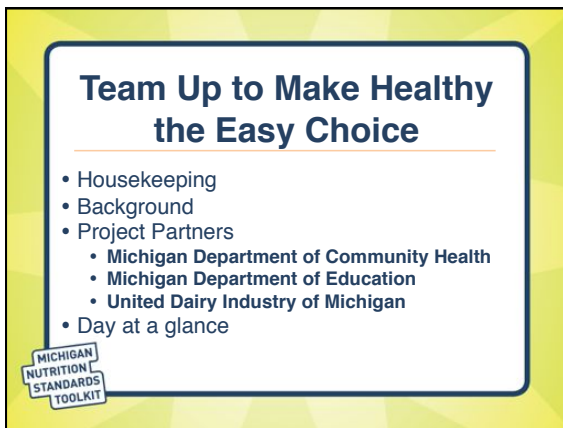
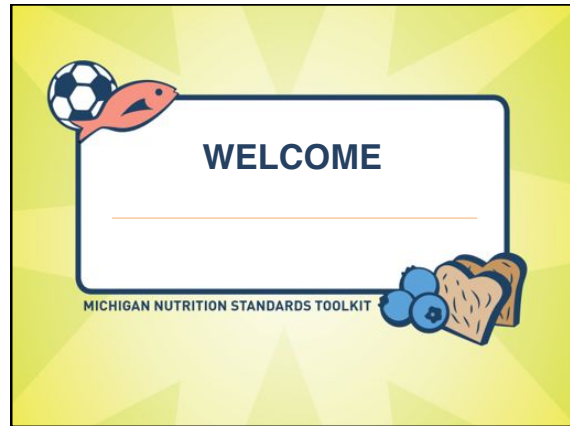


# Michigan Nutrition Standards ~ November 2011

## Morning ~ Part 1



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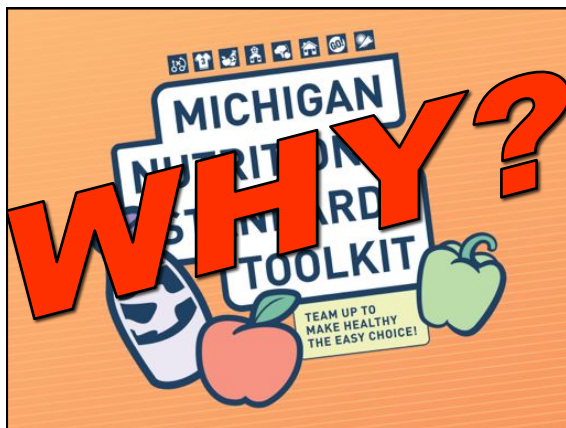
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# Michigan Nutrition Standards ~ November 2011

## Morning ~ Part 1



### Health Issues

**Overweight  
Overfed**

**Undernourished**

**Sedentary**

**Diabetes (type 2)  
CVD Risk Factors  
Disordered Eating**



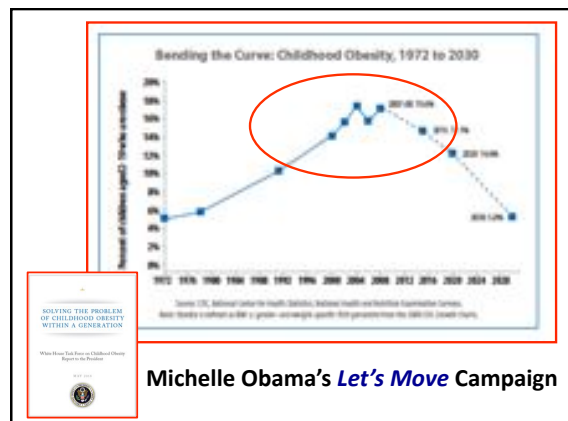
### Academic Issues

**Overweight  
Overfed**

**Undernourished**

**Sedentary**

**Diabetes (type 2)  
CVD Risk Factors  
Disordered Eating**

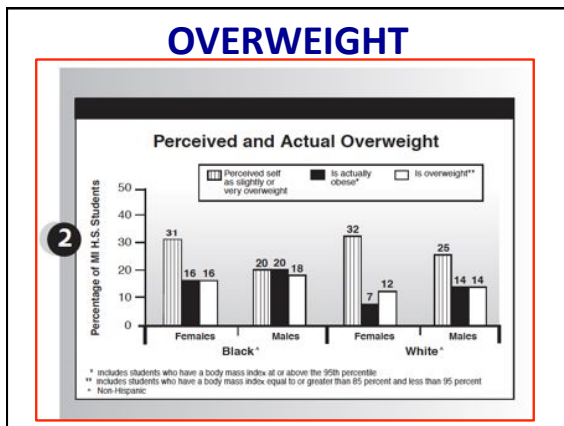
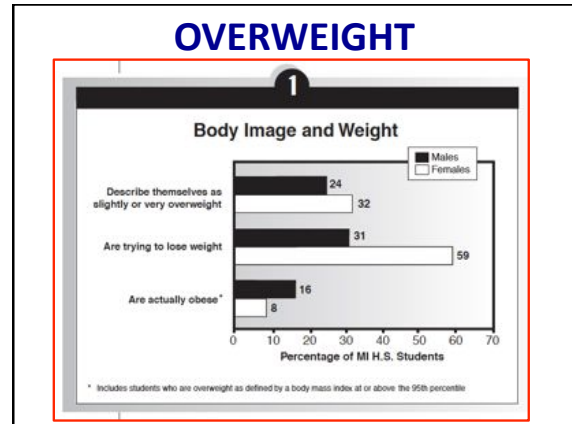
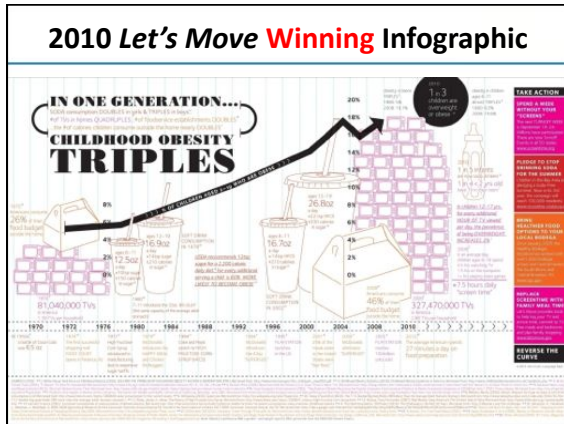


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# Michigan Nutrition Standards ~ November 2011

## Morning ~ Part 1



### BULLYING and BMI

Krukowski RA, Smith West D, Philyaw Perez Z, Bursa Z, et al.

**Overweight children, weight-based teasing and academic performance.** Int J Pediatr Obes. 2009; 4(4): 274-280.

*Obese children aren't doing worse in school because they're not as smart as thinner students.*

***They're doing worse in school because they face frequent (and often daily) victimization and harassment from peers because of their weight.***

***They are made fun of in physical education classes, mocked in the school cafeteria, and teased on the bus.***

### BULLYING and BMI

May 03, 2010

**U-M study: Being obese can attract bullies**

*Interventions needed to reduce bullying of obese children, U-M researchers say*

**ANN ARBOR, Mich.**—Obese children are more likely to be bullied regardless of gender, race, socioeconomic status, social skills or academic achievement.

Those are the findings of the study "Weight status as a predictor of being bullied in third through sixth grades," which is available online now and will be published in the June issue of the journal Pediatrics. Julie C. Lumeng, M.D., assistant professor in the Department of Pediatrics and Communicable Diseases at the University of Michigan's C.S. Mott Children's Hospital, is lead author of the study.

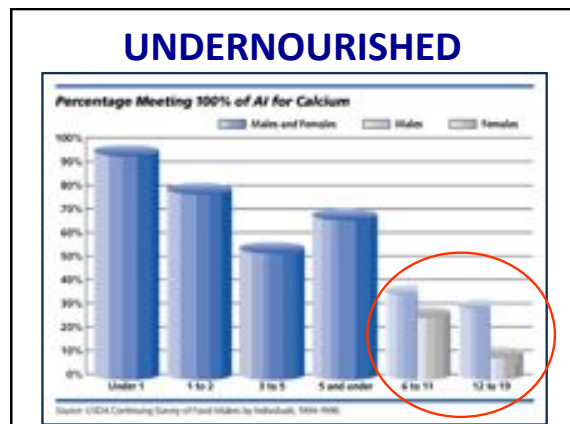
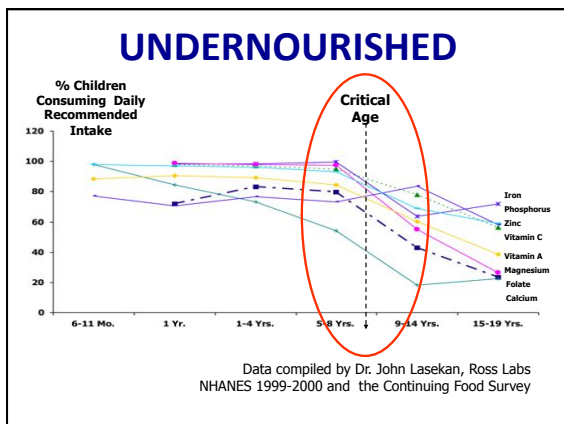
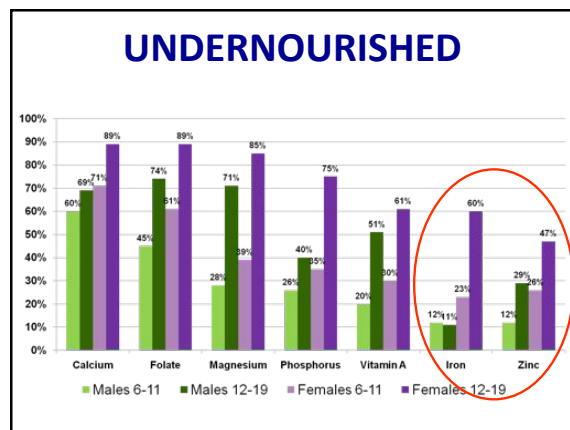
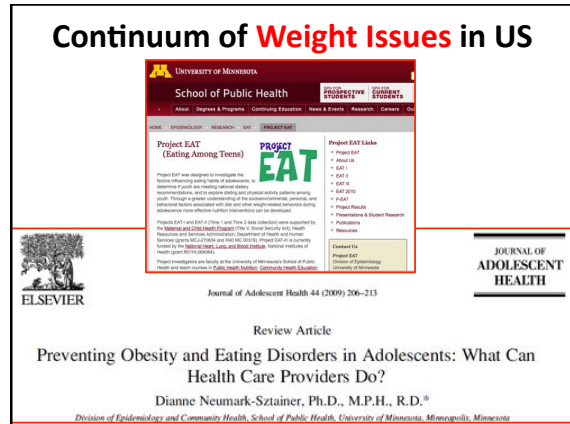
Authors conclude that being obese, by itself, increases the likelihood of being a victim of bullying. Interventions to address bullying in schools are badly needed, Lumeng adds.

"Physicians who care for obese children should consider the role that being bullied is playing in the child's well-being," Lumeng says. "Because perceptions of children are connected to broader societal perceptions about body type, it is important to fashion messages aimed at reducing the premium placed on thinness and the negative stereotypes that are associated with being obese or overweight."

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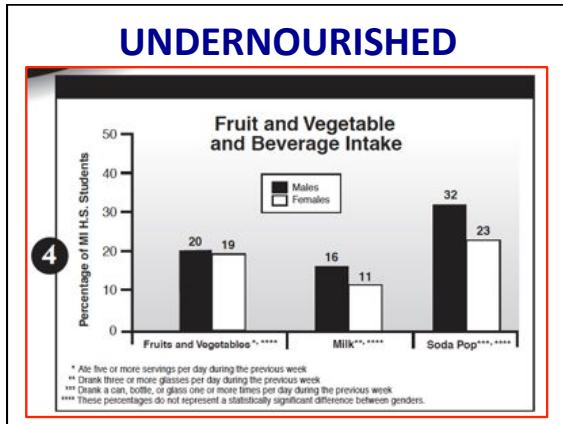
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# Michigan Nutrition Standards ~ November 2011

## Morning ~ Part 1



### UNDERNOURISHED

When kids miss out on key food groups or nutrients, it deprives them of essential nutrients they need for optimal learning.

### Being undernourished is an academic issue.

- Optimal nutrition is necessary for optimal cognitive functioning.
- Zinc and iron (along with other nutrients) are critically important to brain function.
- Sub-optimal nutrition can affect academic performance and even IQ scores.

It is not just what you take OUT of schools ...

## it's also what you put IN.

### ENVIRON Study

JADA April 2008

Children who drink flavored milk:

- ✓ Have comparable or lower BMIs.
- ✓ Consume more nutrients.
- ✓ Do not consume more sugar.

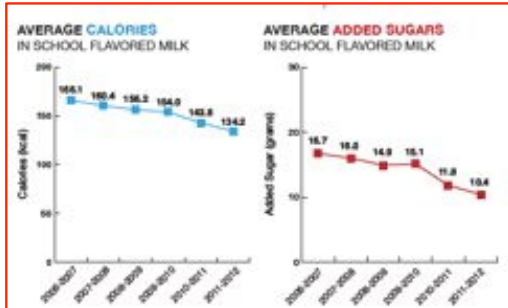
### Added Sugars and Nutrition in Beverages: Finding the Best Balance for Kids

Beverage	Added Sugars (g)	Nutrients
Orange Juice	0g	Potassium, Vitamin C, Vitamin A, Thiamin, Folate
Fruit Punch	11g	Manganese
FLAVORED MILK (low-fat)	12g	Protein, Calcium, Vitamin D, Potassium, Vitamin A, Vitamin B12, Riboflavin, Niacin (Nicotinamide), Phosphorus
Sports Drinks	13g	
Iced Tea (Sweetened)	21g	Manganese
Soft Drink	22g	

Flavored Milk contributes only 3% of the total added sugars in children's diets, and provides 9 essential nutrients, making it a better choice than many other beverages.

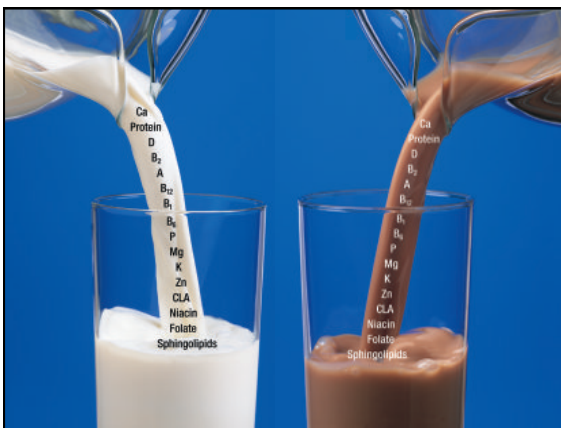
## Michigan Nutrition Standards ~ November 2011 Morning ~ Part 1

Flavored Milk = **23 Fewer Calories**  
than 5 Years Ago



**USDA Proposed Nutrition Standards ALLOW:**

- **Fat-free flavored and unflavored milk**
- Low-fat unflavored milk



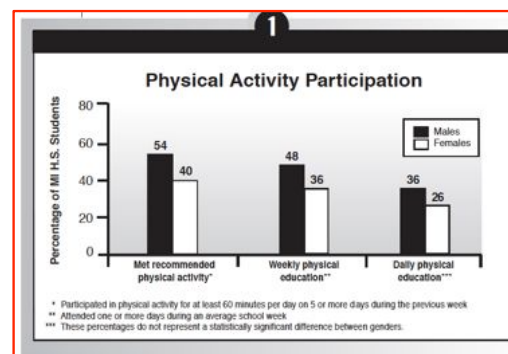
### SEDENTARY

Youth activity trends are **ALL** heading in the wrong direction:

- More screen time entertainment, less active play at home
- Less physical education, more desk time at school
- Fewer walks to school, more rides in cars
- Girls less active than boys
- Weekend less active than weekdays



### SEDENTARY



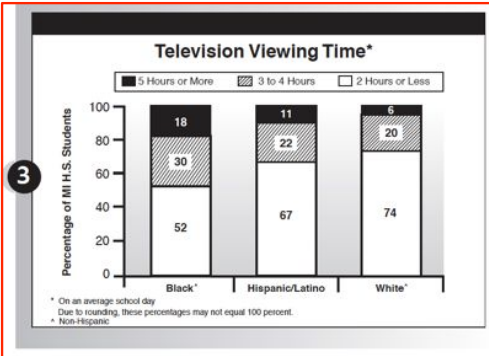
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## Morning ~ Part 1

### SEDDENTARY

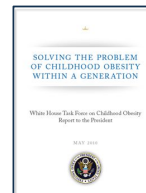


### Being sedentary is an academic issue.

- Research supports a connection between being active and improved brain performance.
- Children who achieve more fitness standards tend to score higher on standardized tests.
- Excessive screen time undermines children's education.



### Comprehensive Strategies



#### Nutrient-rich meals/snacks + active lifestyles to:

- Promote a healthy weight for all children
- Improve overall health status
- Enhance academic performance

1. create a healthy start on life for our children, from pregnancy through early childhood;
2. empower parents and caregivers to make healthy choices for their families;
3. serve healthier food in schools;
4. ensure access to healthy, affordable food; and
5. increase opportunities for physical activity.



**ALL KIDS need more veggies, more dairy foods, and more play ...**

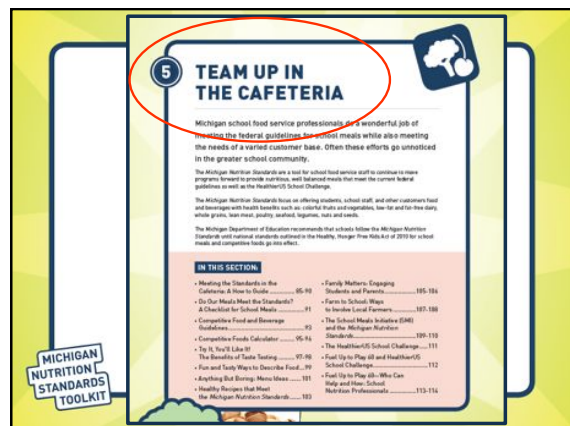
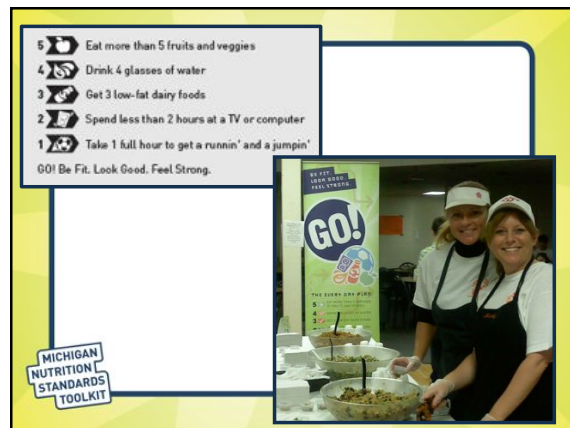
### Fit, Healthy and Ready to Succeed



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